

‘Making neighbourhoods Green’

**Congress Centre, 28 Russell Square
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Everyone's issue

‘Crippling Depression and chronic anxiety are the biggest causes of misery in Britain today ... which shame keeps out of sight ... one in six of us will be diagnosed as having depression or chronic anxiety disorder, which means one family in three is affected’.

LSE Depression Report - June 2006



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Everyone's issue

- **Depression affects about 121 million people world wide**
- **By 2020 it is projected to reach second place in the ranking of world health problems**

World Health Organisation



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It's very expensive - the cost

England - £77 billion annual cost

- £12.5 billion in care and health costs**
- £23.1 billion in lost output to economy**
- £41.8 billion in human costs**

Figures from Sainsbury Centre for Mental Health



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Prescription costs

- 2006 - 6% rise in prescription of anti-depressants - 31 million prescriptions at cost of around £300 million.
- Survey in Pulse magazine - 93% of GPs prescribed drugs because of a lack of alternatives.



Mental Health and Social Inclusion

‘There is abundant evidence that mental health problems tend to be concentrated in socially disadvantaged groups of the population. These groups ... experience ... a higher lifetime prevalence of major mental health problems and relatively poor access to mental health care’.

Mind Statistics 6, The Social Context of Mental Distress



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Mental Health and Social Inclusion

- **SEU (2000)** - up to half of rough sleepers have mental health problems.
- **SEU (2002)** - 72 per cent of male and 70 per cent of female sentenced prisoners suffer two or more mental health disorders.
- **SEU (2004)** - people with long term mental health problems have lowest employment rate among all disability groups at only 24% in England.



Green Space and Mental Health

Research shows an inverse relationship between access to green space in urban areas and levels of stress (De Vries et al, 2001)



Green Space and Mental Health

Roger Ulrich

**‘View through window may
influence recovery from surgery’**

1984



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‘Nature and living things, it seems, make most people feel good. The idea that the quality of nature in people’s home neighbourhood affects their mental health is not a new one, but it has not affected wither the planning of our urban and rural environments or public health priorities’.

Pretty, Peacock, Sellens and Griffin 2005



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Mindweek Research

90 per cent of participants said self esteem improved following the outdoor walk, 44 per cent said it got worse on indoor walk.

71 per cent said depression fell after the outdoor work, compared with 45 per cent for the indoor walk.

71 per cent felt less tension after the outdoor walk, 50 per cent felt more tense after the indoor walk.



Mindweek - some key policy asks

- **Eco-therapy is a clinically valid treatment option.**
- **Access to green space should be considered a key issue for care planning.**
- **Inequality of access is a rights, social justice and discrimination issue.**
- **Design for mental well-being should be recognised as good practice for architecture and town and country planning**



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